



Tobacco Initiation and Re-Acquisition among New Soldiers

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Presented by

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Study Collaborators

- Tobacco Etiology Research Network
- US Army Center for Health Promotion and Preventive Medicine (USACHPPM)



Why Study Tobacco Use among Junior Enlisted Personnel?

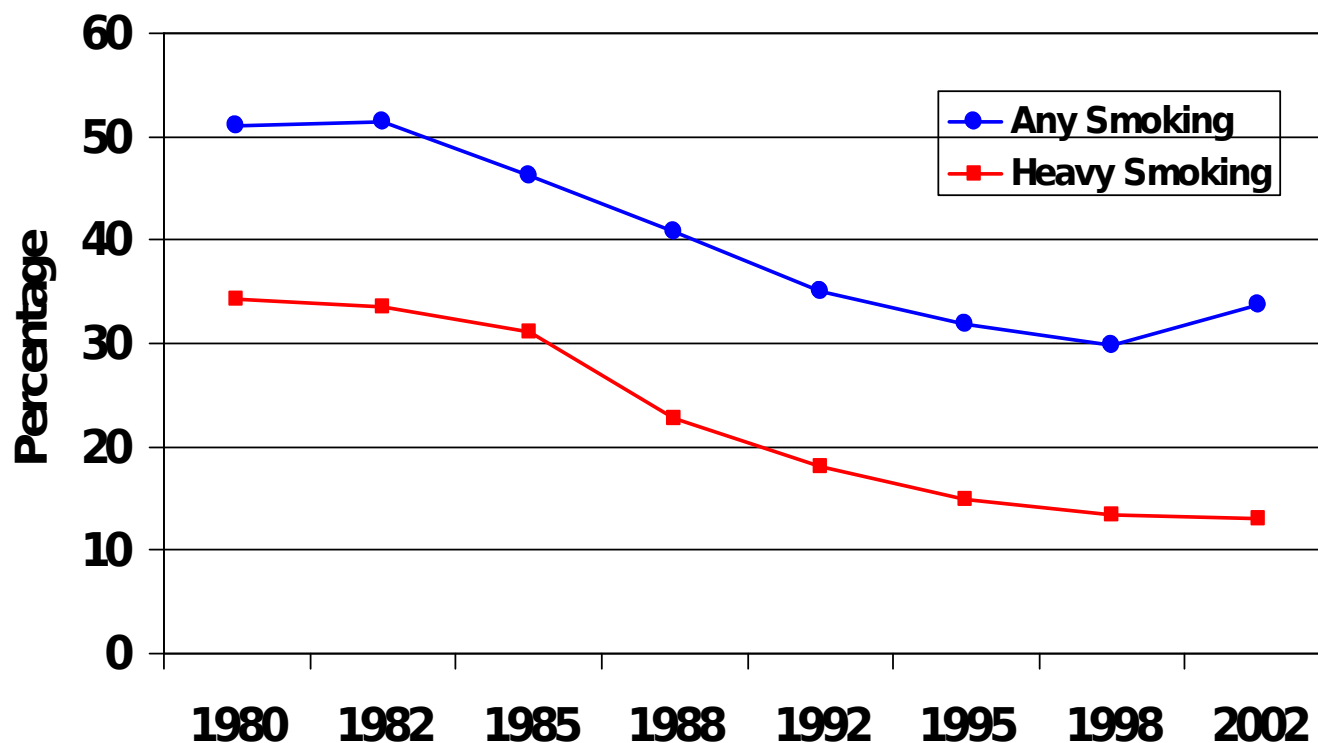
- Junior personnel are at high risk for tobacco use and associated problems.
 - Young adults aged 18-25 have highest rates of tobacco use.
 - Separation from family and other social supports plus stresses of military life contribute to risk for tobacco use.
- Relatively little is known about:
 - Tobacco initiation and re-initiation patterns during AIT
 - Factors that help explain tobacco use
 - How tobacco use changes with military service



Problems Associated with Tobacco Use

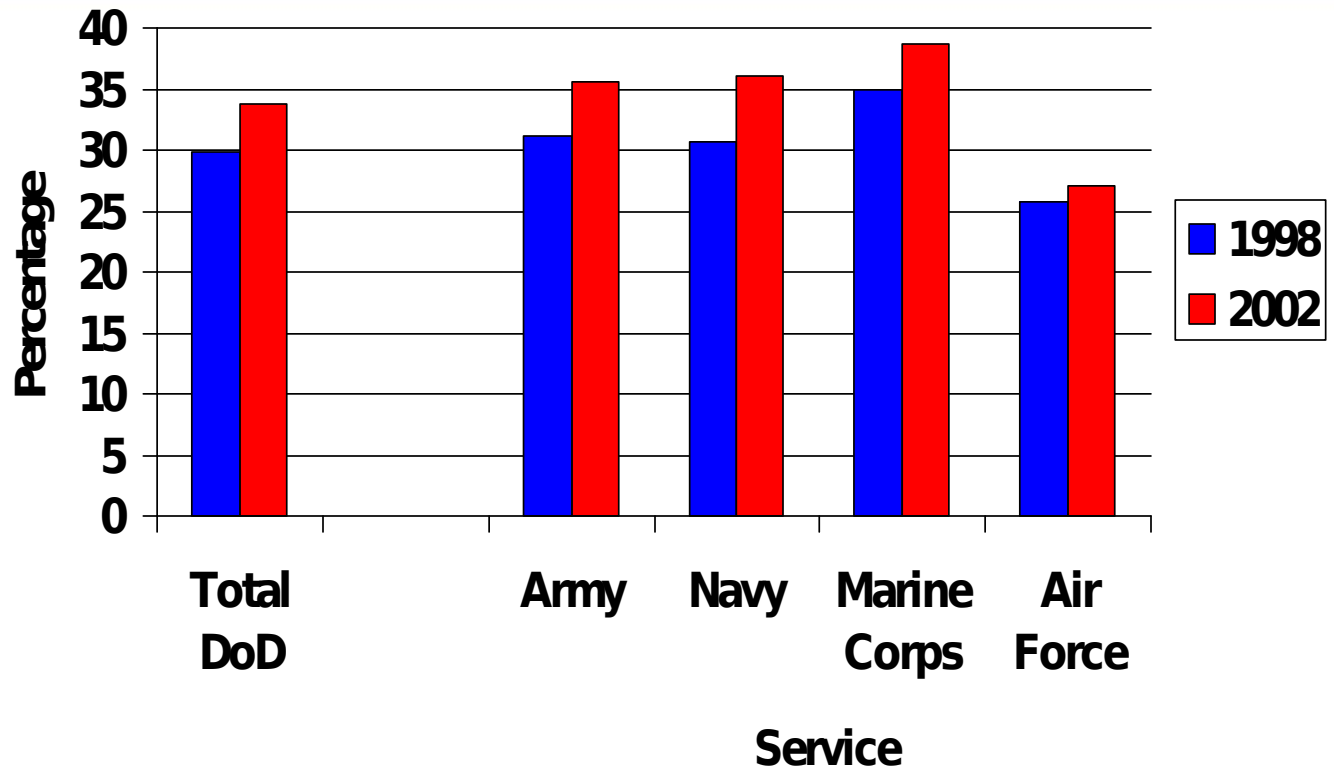
- Work performance
 - Lower productivity
 - Higher absenteeism
 - Common cause of Article 15 disciplinary action
 - Premature release from the military
- Health risks
 - Musculoskeletal injury
 - Heart disease
 - Reduced physical fitness
 - Cancers

Trends in Any Smoking and Heavy Smoking, Total DoD, 1980-2002



Source: DoD survey of health-related behaviors among military personnel, 1980-2002. Research Triangle Park, NC: Research Triangle Institute.

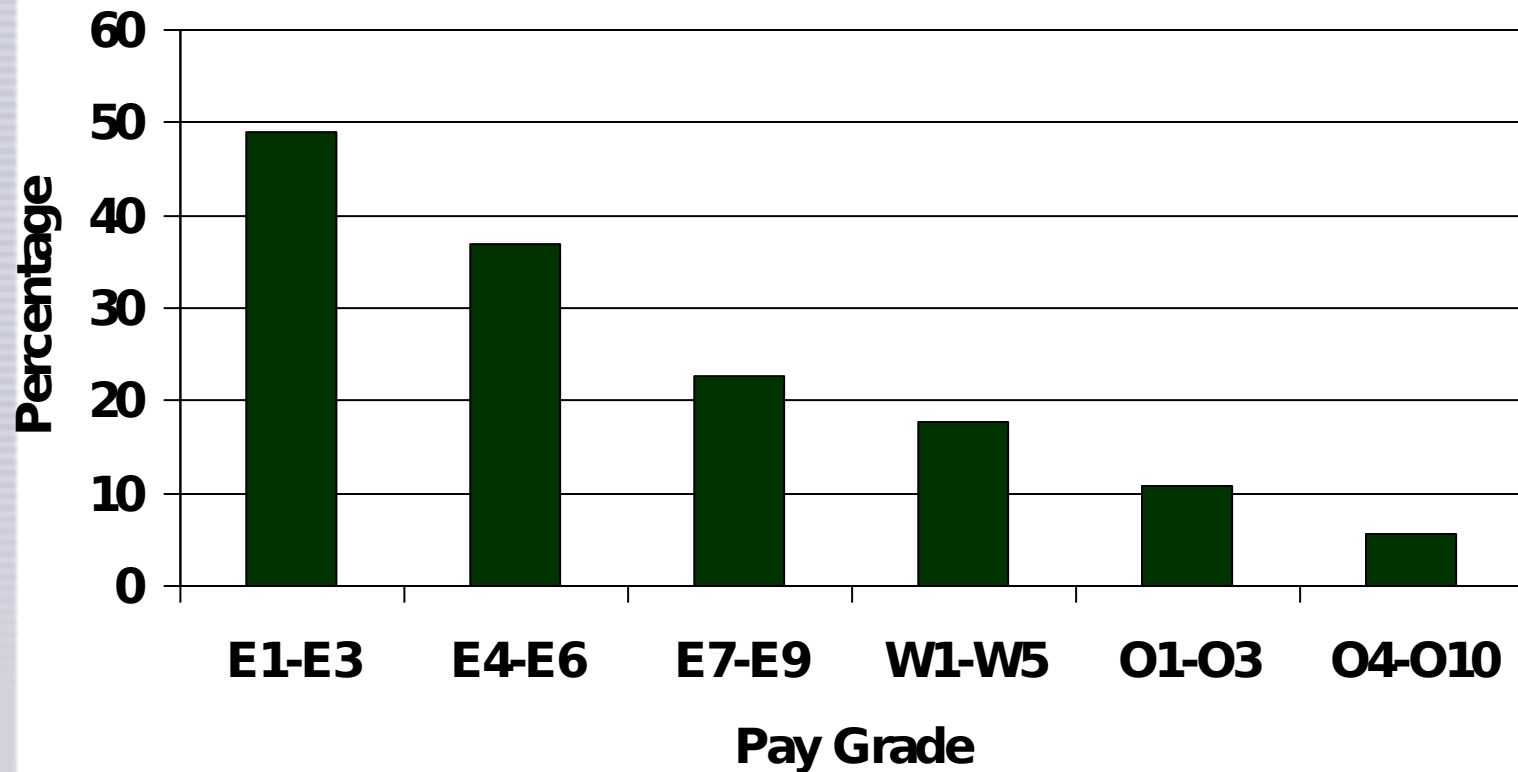
Past Month Cigarette Smoking, by Service, 1998 and 2002



*The *Healthy People 2000* objective is $\leq 20\%$.

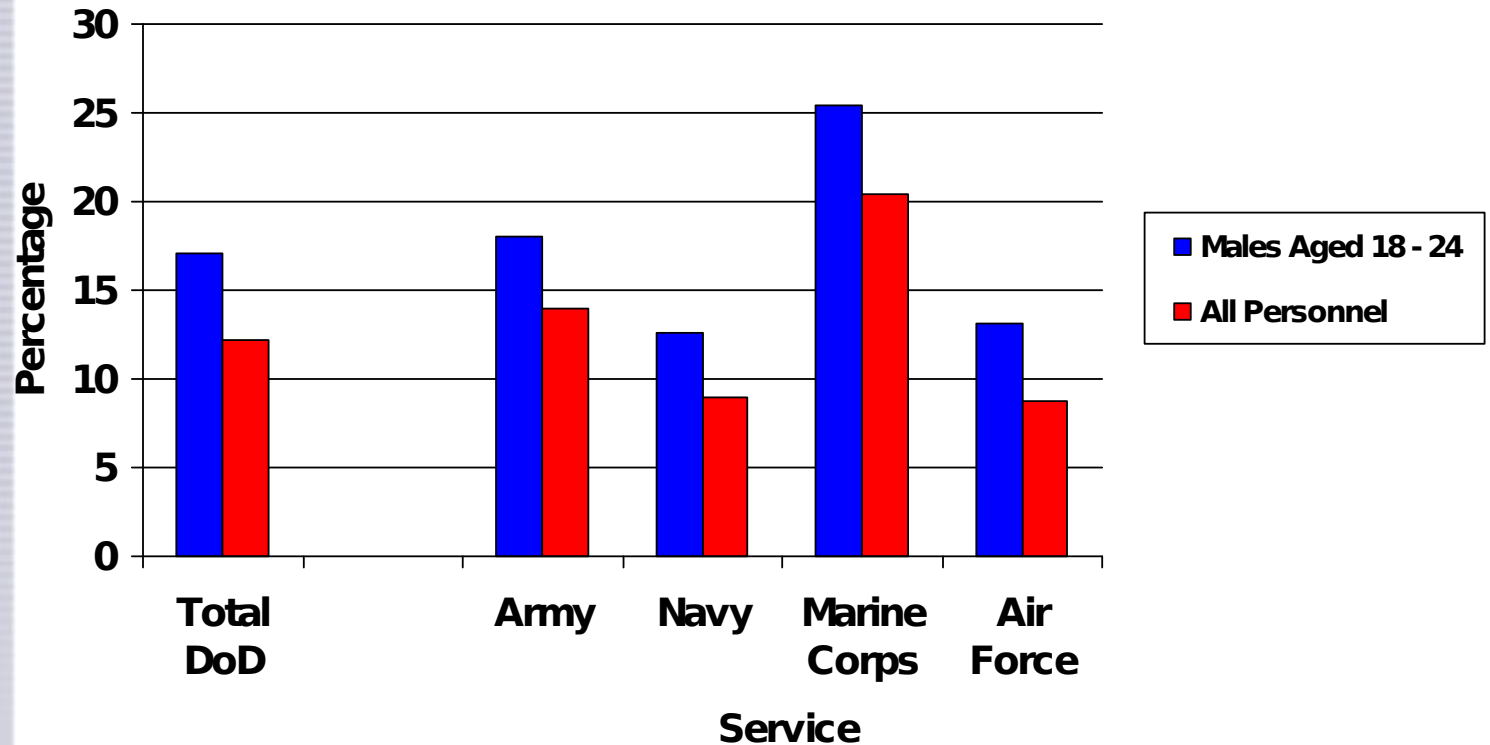
Source: 2002 DoD survey of health-related behaviors among military personnel. Research Triangle Park, NC: Research Triangle Institute

Past Month Cigarette Smoking, by Pay Grade, 2002



Source: 2002 DoD survey of health-related behaviors among military personnel. Research Triangle Park, NC: Research Triangle Institute.

Past Month Smokeless Tobacco Use, by Service, 2002




*The *Healthy People 2000* objective is $\leq 4\%$.

Source: 2002 DoD survey of health-related behaviors among military personnel. Research Triangle Park, NC: Research Triangle Institute.



Current Smoking Interventions During Initial Entry Training

- Soldier “Smart Book” contains information related to tobacco use
 - DoD regulations
 - Descriptions of negative consequences from tobacco use
 - ◆ Health consequences
 - ◆ Reduced military readiness
- Regulations require health education classes related to smoking during BCT and AIT
 - Little is known about adherence to this regulation, or the types of classes offered



What are the Study Objectives?

- To examine the nature, extent, and correlates of tobacco use among junior enlisted personnel during AIT
- To identify factors most strongly related to tobacco use and to identify high risk populations
- To assess changes in patterns and correlates of tobacco use and related factors during and after AIT
- To provide evaluation data for current tobacco reduction programs during AIT



How Will the Research Be Conducted?

- Longitudinal study of active-duty military personnel
- All efforts will be made to minimize any interruptions of the training schedule

Baseline survey during AIT

- Goal is to assess pre-military and current use, assess contextual and personal factors related to acquisition or re-acquisition of tobacco use
- Completed by Soldiers in AIT at four bases to be determined
 - Number of Soldiers needed still to be determined
 - Group sessions of military units: self-completed questionnaire
 - Survey will take approximately 50-60 minutes

How Will the Research Be Conducted?

Evaluation of Current AIT Smoking Intervention

- Will assess the effectiveness of the smoking-related information from the Smart Book on:
 - Intentions to smoke
 - Beliefs about the link between smoking and Soldier readiness
 - Smoking behavior
- Will assess the influence of a videotaped presentation of the information in the Smart Book
 - Will assess differences in the effectiveness of the videotaped presentation based on the uniform of the presenter (“Army officer” vs. “Army doctor”).

How Will the Research Be Conducted?

Methodology of the Evaluation Component

- Soldiers who participate in the baseline survey will be divided into three intervention conditions
 - “Treatment as usual” condition
 - ◆ Soldiers will have the tobacco-related information in their Smart Book
 - “Army Doctor” condition (“Dr. Jolissaint” video)
 - ◆ Soldiers will view a video of COL Jolissaint going through the Smart Book information wearing a doctor’s lab coat
 - “Army officer” condition (“COL Jolissaint” video)
 - ◆ Soldiers will view a video of COL Jolissaint going through the Smart Book information wearing a green suit
- Those who view the video will do so immediately after completing the baseline questionnaire

How Will the Research Be Conducted? (cont.)

Follow-up surveys

- Goals are to assess change in tobacco use as well as risk and protective factors over time;
- Provide evaluation information for the three intervention conditions

Short-term follow-up

- All personnel still at training bases 2 months after baseline
- Briefer questionnaire (20 – 30 minutes)


Long-term follow-up

- 12 months after baseline
- Mail survey of random sample from baseline



How will the Study Benefit the Military?

- Identify specific traits in junior enlisted personnel that may put them at high risk of tobacco use
- Identify factors within the Army environment and culture that may be associated with tobacco use
- Give information on the effectiveness of the current AIT tobacco reduction program (i.e., the information in the Smart Book).
- Identify additional steps that the Military might take in preventing tobacco use during and after AIT
- Opportunity for Army to obtain additional information about AIT population by adding



How can the Army Help?

- Approvals needed for access to junior enlisted personnel at selected bases for baseline survey
- Point of Contact (POC) needed at each base to aid in logistics of data collection
- Support needed to track location of Soldiers in order to invite them to participate in follow-up surveys